



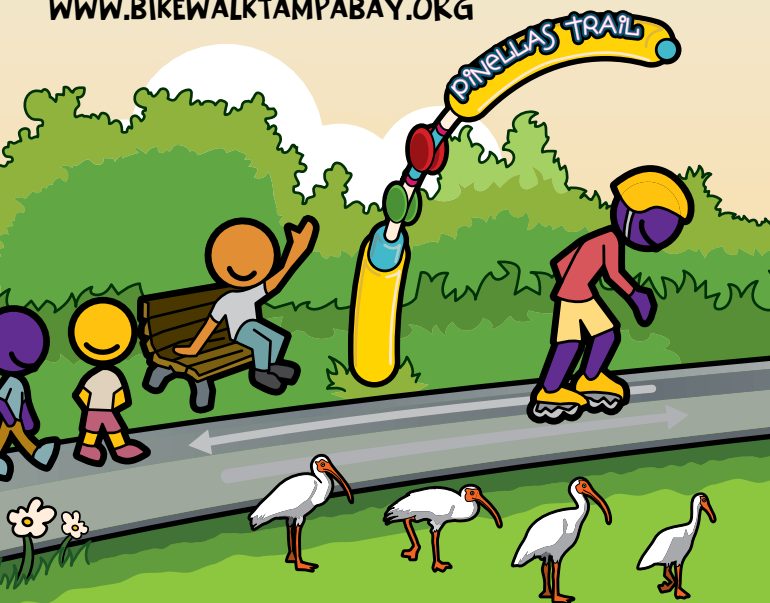
REGIONAL COALITION OF TAMPA BAY

Bike/Walk Tampa Bay is a regional coalition of citizens, advocates, professionals and allied organizations created to make walking and bicycling the preferred modes of transportation in the Tampa Bay region. The Coalition was formed by a partnership between the following:

- New North Transportation Alliance
- Tampa Downtown Partnership
- Westshore Alliance
- Tampa Bay Area Regional Transit Authority
- St. Petersburg Downtown Partnership
- Florida Department of Transportation
- Community Traffic Safety Teams of Tampa Bay
- Metropolitan Planning Organizations of Hillsborough and Pinellas Counties

To accomplish this goal, Forward Pinellas engages and empowers local communities and stakeholders to achieve the region's vision for a better transportation future.

WWW.BIKEWALKTAMPABAY.ORG



SeeClickFix

is the online tool to easily report potholes, graffiti, illegal dumping, and more within your community. See a trail issue, simply report it to Pinellas County with SeeClickFix!

- 1) Access the Pinellas County SeeClickFix page at:
https://seeclickfix.com/pinellas_county
- 2) Select the "New Request" icon below the Pinellas County Service Provider:
- 3) Submit a request by selecting the Category, providing the address for the report, and then providing a description of the issue. A photo is optional but not required.
- 4) Done!

PINELLAS COUNTY TRAILS & BICYCLE LANES GUIDE

Discover PINELLAS TRAILS & BICYCLE LANES GUIDE



**FORWARD
PINELLAS**
Integrating Land Use & Transportation

310 Court Street
Clearwater, FL 33756
(727) 464-8250
forwardpinellas.org

Find the trail guide on the Web. Go to
www.pinellascounty.org/trailgd.

Pinellas County complies with the Americans with Disabilities Act of 1990. In compliance with Title VI/ADA, accessible formats of this document are available. Please call (727)464-4062(V/TDD).



**FORWARD
PINELLAS**
Integrating Land Use & Transportation



Welcome to PINELLAS COUNTY

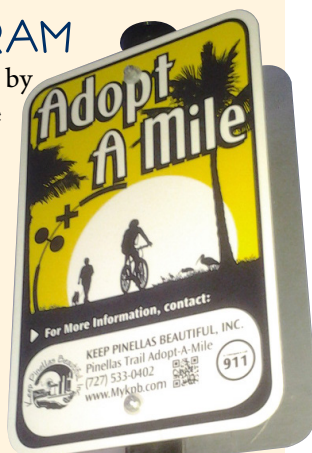
where trails beckon to walkers, bicyclists, skaters, wheelchair users and wheelers of all types. The county's main trail facility, the Fred Marquis Pinellas Trail, and the many community trail facilities that connect to it provide trail goers with access to numerous points of interest throughout the county. This trail system includes overpasses across busy intersections and waterways providing trail users with panoramic views of the county. Residents use trails to get to school, work, and to local parks for picnics and recreational activity. In addition, an expansive network of bike lanes allow bicyclists to travel to and through areas where the county's trail system don't yet take them.



THE PINELLAS TRAIL Adopt-A-Mile PROGRAM

A Pinellas County program administered by Keep Pinellas Beautiful (KRB). For more information on how you can participate, visit our website at www.kpbcares.org/adoptions

Keep Pinellas Beautiful Inc.
5090 66th Street N
St. Petersburg, FL 33709
Office Phone: (727) 533-0402
Office Fax: (727) 533-0502
Litter Hotline: (727) 210-GONE (4663)



YOUR NAME HERE

FRED MARQUIS PINELLAS TRAIL

The Fred Marquis Pinellas Trail is a 54-mile linear park and urban trail corridor used by up to 250,000 individuals each month for walking, jogging, bicycling and skating. The Trail was created along an abandoned railroad corridor and named in honor of Fred Marquis, who served as the Pinellas County administrator for 21 years and was an ardent supporter of converting the former railroad corridor to a trail. The Pinellas Trail extends from St. Petersburg to Tarpon Springs and the East Lake Tarpon area, and is part of the Pinellas Trail Loop, which will be a 75-mile facility when the Duke Energy section is completed along the eastern portion of the county. The Pinellas Trail connects to several county parks, schools, coastal areas, major retail centers and downtown areas. The Pinellas Trail includes overpasses and underpasses for trail goers to avoid busy intersections and to ride over water bodies.

BASIC RULES to help everyone enjoy the trail:

- The trail is only open during daylight hours.
- Alcoholic beverages are prohibited.
- Pedestrians and persons with a disability have the right of way, wheelchairs should use the pedestrian lanes and electric handicap wheelchairs are always permitted.
- Bicyclists are required to obey all traffic controls and signals.
- Bicyclists are not permitted to wear headphones at any time.
- Bicyclists under age 16 must wear a helmet.
- Bicyclists and skaters should obey the posted speed limits. No racing, race training or pace lines. Skaters should use the bicycle lanes, and both skaters and cyclists should give an audible warning when passing.
- Motorized vehicles (*except electric handicap wheelchairs, electric-assist bicycles, maintenance, law enforcement and emergency vehicles*) are prohibited.
- Horses are prohibited.
- Pets must be kept on a 6-foot leash and under control.

TIPS FOR LOCKING YOUR BIKE

- Lock your bike with a U-lock or heavy cable
- Lock your wheels to your frame
- Avoid locking to trees and objects that are not secure
- Lock your bike in a well-lit area or where people are present
- Register your bike – you will have a better chance of getting it back in the event of theft



Use the TRAIL MARKERS

In case of an emergency, you can easily report your location on the Pinellas Trail thanks to numbered decals placed on its surface. These decals appear every 200 feet. Each decal has a unique number that allows users to report incidents or call for help by giving the decal number nearest their location.

In Emergency Call
911
Give PT 0085
For Maintenance Call
727-582-2100

WALK Up to GOOD HEALTH

Walking, like bicycling, is not only fun and easy to do but also has a number of health benefits including the following:

- Low-impact exercise that can help lower low-density (bad) cholesterol while raising high-density (good) cholesterol.
- Lowers blood pressure and is good for managing weight. An average person walking for one hour at a moderate pace can burn up to 263 calories.
- Improves blood circulation and breathing.
- Prevents osteoporosis while helping to prevent and control diabetes.
- Helps bolster the immune system.

WALKING TIPS

- Wear comfortable shoes that have the proper arch support, a firm heel and thick flexible soles to cushion feet and absorb shock.
- Wear loose fitting, comfortable clothing that's appropriate for the weather.
- Spend about five minutes walking slowly to warm up the muscles and be sure to stretch the muscles.

To help reduce stress on the heart and muscles, cool down by walking slowly and stretching.

Help
MAKE FLORIDA
A BICYCLE-FRIENDLY
STATE with the purchase of
a "Share the Road" license plate.
Go to www.bikeflorida.org or
www.floridabicycle.org for more
information. Florida law states that
kids under the age of 16 must
wear a properly fitted helmet
when riding a bike.



MORE BICYCLING INFORMATION

- Florida Bicycle Association
www.floridabicycle.org
- People for Bikes www.peopleforbikes.org
- Association of Pedestrian & Bicycle Professionals www.apbp.org
- League of American Bicyclists www.bikeleague.org
- National Center for Bicycling & Walking www.bikewalk.org
- Rails-to-Trails Conservancy www.railtrails.org

Bikes on Buses

Bicyclists in Pinellas County can extend their commute by participating in the Pinellas Suncoast Transit Authority's (PSTA's) Bikes on Buses Program. The program allows bicyclists to mount their bikes on the front of the bus before boarding. Before you take your bike on the bus, here's what you need to know:

- Loading and securing the bike onto the rack is the sole responsibility of the bicyclist. Bikes may not be locked to the rack.
- Up to two bikes can be loaded on the rack. Only single-seat, two-wheel bicycles are allowed.
- Folding bikes are allowed on the bus, as long as they are folded and stored out of the aisle. Motor-powered vehicles, bikes smaller than 16", and bikes with covered spokes are not allowed. Theft, damage or, injury while loading and/or unloading are the sole responsibility of the passenger/bicyclist, not PSTA.
- Before you exit, remember to tell the driver that you have a bike on the bus.
- If the bike rack on your route is full on the last trip of the day, you may bring your bike inside the bus.

For more information or to view the video showing how to load and unload your bike on the bus, go to www.psta.net/on-board-amenities/bikes-on-buses.

Bike to Work?

BUT WHAT IF IT RAINS? Leave your worries behind when you register for the Emergency Ride Home (ERH) Program. If you carpool, vanpool, ride the bus, bike or walk to work at least two days a week, you may be eligible for up to six free* taxi rides home in cases of:

- Unscheduled overtime
- Sickness
- Carpool/Vanpool partners have an emergency
- Personal or family emergency

*Anything in excess of a \$100 fare will be billed to the participant.

Interested in the ERH program? Simply create an account at the Tampa Bay Area Regional Transit Authority (TBARTA) website located at: www.tbarta.com/en/commute-tampa-bay/emergency-ride-home. Once registered, you'll receive information on how to use the program, along with your first ERH voucher. All you need for your emergency trip home is the completed voucher and a picture ID. And you can use the ERH Program up to six times per year! Emergency Ride Home is a state program administered by TBARTA at (800) 998-RIDE(7433).

Coast-to-Coast Trail Connector

The Florida Coast-to-Coast Trail is a planned 250-mile paved trail extending from St. Petersburg to Titusville. Most of the trail is in place. There are approximately 63 miles of the route awaiting construction. When completed, bicyclists and pedestrians will be able to travel from the Gulf to the Atlantic Coast.

The Coast-to-Coast Trail is part of the Florida Greenways and Trails System, which is supported by funding from the Florida SUN (Shared Use Non-motorized) Trails Program. The Florida Legislature provided \$15 million for the Coast to Coast Trail through the SUN (Shared Use Non-motorized) Trails Program in 2014. More information on the Coast to Coast Trail is available at <https://floridadep.gov/parks/ogt/content/florida-coast-coast-trail>.



BICYCLING

IT'S JUST A GOOD THING TO DO

Not only is bicycling fun and easy to do, it provides many health benefits. Regular bicycling improves general muscle functions gradually, with little risk of strain or injury. It strengthens and tones leg muscles and helps with the mobility of hip and knee joints. Bicycling helps build stamina and improves cardiovascular fitness. Bicycling helps reduce weight as studies have shown it burns approximately 300 calories per hour. Bicycling is also good for improving heart health and reducing stress.

Want to help people enjoy the Pinellas Trail? You can do that by volunteering as an Auxiliary Ranger, assist in the maintenance of the county park system or join the Pinellas Trail Adopt-a-Mile Program. For more information on these types of volunteer opportunities, call Pinellas County Volunteer Services at (727)-464-8477 or go to www.pinellascounty.org/volserv/default.htm.

Bikepool

New to cycling in traffic? Share a ride with a neighbor, coworker or other bicyclist, and learn what it takes to ride safely on the road. The more riders there are in a group, the safer the ride. Bikepool is a free service offered by the Tampa Bay Area Regional Transit Authority (TBARTA) that matches bicycle commuters with one another to form group trips. The goal of the Bikepool Program is to encourage more residents of the Tampa Bay region to commute by bike.

HOW DO I SIGN UP?

- 1 Go to www.tbarta.com/en/commute-tampa-bay/bikepool-walk
- 2 Once you've received your list, contact the other cyclists and arrange a meeting time to discuss your route.
- 3 Begin your bike commute!

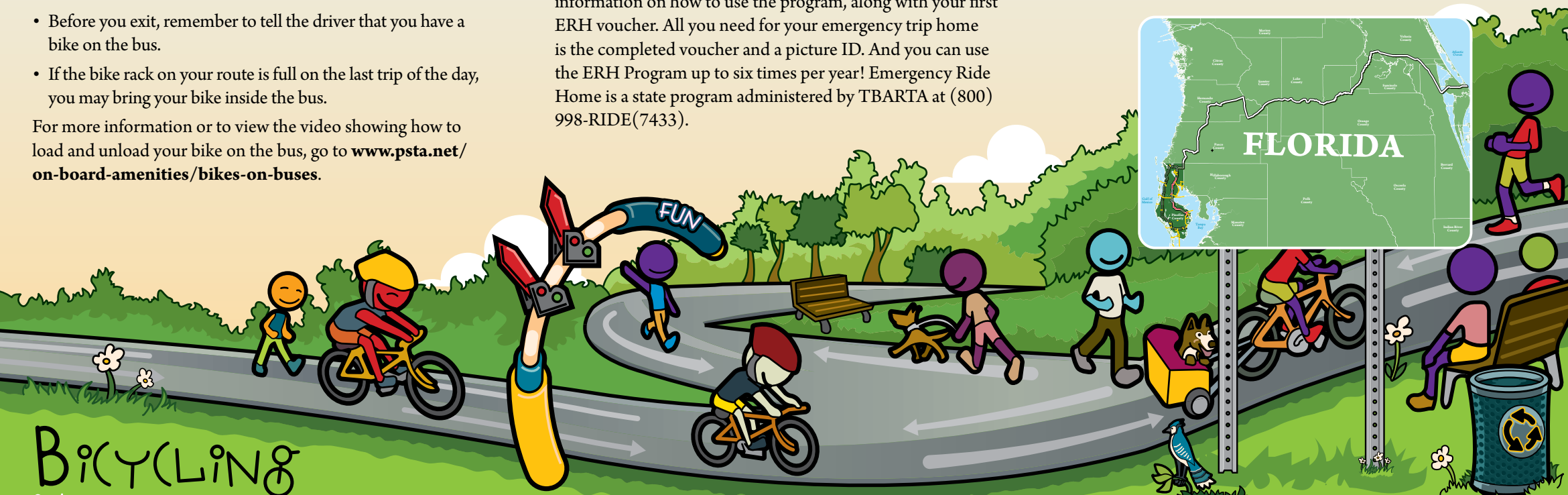
The Bikepool program is a free service through TBARTA.

RESPECT THE WEATHER BE AWARE OF HEAT AND HUMIDITY.

Biking

IN FLORIDA WEATHER

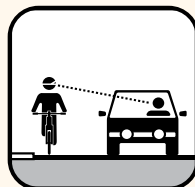
Although the Tampa Bay area climate is conducive for bicycling year-round, bicyclists should always be prepared for extreme weather conditions with regard to heat and thunderstorms, particularly in the summer months. Bicyclists should always be prepared with suntan lotion and plenty of water.



CYCLING Tips



ON-STREET BIKING



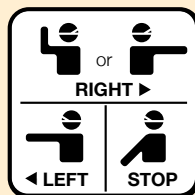
Make Eye Contact

Confirm that you are seen by making eye contact with motorists when crossing the street. This helps to ensure they know you are on the road. Look over your shoulder regularly or use a mirror to scan the road behind.



Be Careful at Intersections

Most crashes happen at intersections. Proceed with care when crossing the street. Avoid being in a turn-only lane if you want to go straight through an intersection. In narrow lanes or slow traffic, it may be safer to take the whole lane.



Use Hand Signals

Signal all turns and stops ahead of time. Look over your shoulder for any traffic, then make your intended move only when it is safe to do so.



Use Lights at Night and When Visibility is Poor

ON-STREET BIKING



When turning left

Signal your intentions in advance. Move to the left turning lane and complete the turn when it is safe.



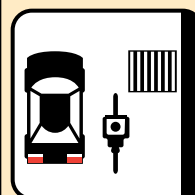
Beware of Car Doors

Be wary of parked cars. Motorists can unexpectedly open doors. Be particularly careful if you see a motorist in the car. Ride in a straight line at least three feet away from parked cars.



Lock Your Bike

Lock the frame and rear wheel of your bike to a fixed object. If you have a quick release, lock the front wheel also. Do not lock your bike to trees.



Avoid Road Hazards

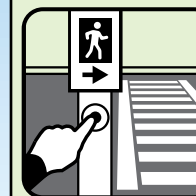
Watch out for parallel-slat sewer grates, slippery manhole covers, oily pavement, potholes and construction plates. Cross railroad tracks carefully.

MULTI-USE PATHS

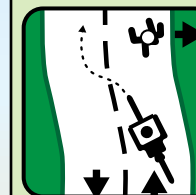


Signal to Others

Sound the bell on your bicycle or call out a warning when approaching others, then pass safely on the left. Skaters should follow the same travel rules as bicyclists. Do not perform trick-skating maneuvers on heavily used paths.

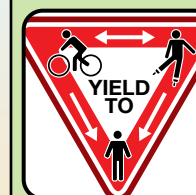


Use Pedestrian Push Buttons



Keep to the Right

All path users must keep to the right, except when passing or turning left. Pedestrians should move to the right when someone is passing. Move off the path when stopping. Never block the path.



Right-of-Way

Cyclists and skaters must yield to pedestrians. Pedestrians always have the right of way.

PINELLAS TRAIL Timeline

1888

First train on Orange Belt Railway arrives in St. Petersburg.

1883

Railroad right-of-way land purchased by Florida Department of Transportation.

1984

Pinellas Bicycle Advisory Committee proposes using railroad right-of-way as bike route.

1988

Pinellas Trails Inc. formed to promote public support for linear park concept.

1989

Pinellas Trail project approved by Pinellas Board of County Commissioners with \$1.5 million allocated to build a 15-mile segment. Penny for Pinellas funding designated for 35 miles of Pinellas Trail.

1990

First five-mile section of the Pinellas Trail opens from Taylor Park to Seminole City Park.

1991

First trail overpass opens over Ulmertown Road in Largo.

1992

Trail section from Taylor Park to Ozona opens. West Bay Drive overpass in Largo completed.

1993

Nine-mile segment from Seminole City Park to St. Petersburg opens. Trail overpass at Orange Street and Alt. U.S. Highway 19 opens.

1994

St. Petersburg and Tarpon Springs sections open.

1996

Park Boulevard overpass opens in Seminole.

1997

Seminole Boulevard and 113th Street overpasses open. Downtown Clearwater section opens.

2000

Pinellas Trail designated a Millennium Trail by the White House. Pinellas Trail's Cross Bayou Bridge opens.

2001

Trail connection to Wall Springs Park completed. Park Street overpass completed.

2003

Pinellas Trail designated a National Recreation Trail by U.S. Department of Interior, National Park Service, National Trails System.

2004

Art on the Trail railroad sculpture additions mark cities along the trail.

Elfer's Spur over Anclote River in Tarpon Springs opens to North Anclote River Nature Park. 38th Ave. North overpass opens.

2006

Jasmine section under U.S. Highway 19 to Keystone Road opens.

2007

St. Petersburg begins construction of Downtown Trail Extension. Groundbreaking for first section of the Progress Energy (later named Duke Energy) Extension of the Pinellas Trail.

2008

Three-mile Downtown Trail Extension opens to St. Petersburg waterfront. Fred Marquis Pinellas Trail inducted into Rail-Trail Hall of Fame.

2009

Enterprise overpass for the Progress Energy Extension of the Pinellas Trail completed.

2010

34th Street overpass opens. Keystone Road groundbreaking for Northeast Trail Extension.

2011

Trail through downtown Clearwater completed.

2012

North Bay Trail from downtown St. Petersburg to 78th Ave North completed.

2013

Pinellas County & Duke Energy sign agreement for development of Duke Energy Florida Trail

2014

Keystone section connection to John Chesnut Park opened to public.

2015

Pinellas Trail from Belleair Road to Haines Bayshore Blvd completed.

2017

Courtney Campbell Trail from Clearwater to Tampa completed.

2017

A 5-mile segment of the Coast-to-Coast Trail Connector opens along Keystone Road, from East Lake Road to Hillsborough County, then north to Pasco County.

A 1.4 mile segment of the Duke Energy Trail opens from Sunset Point Road to the trail overpass near Enterprise Road and U.S. Highway 19.

2018

Dunedin designated First Florida Trail Town.

2020

Pinellas Trail 30-Year Anniversary.